



Young women may avoid much sickness and pain, says Miss Alma Pratt, if they will only have faith in the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I feel it my duty to tell all young women how much Lydia E. Pinkham's wonderful Vegetable Compound has done for me. I was completely run down, unable to attend school, and did not care for any kind of society, but now I feel like a new person, and have gained seven pounds of flesh in three months."

"I recommend it to all young women who suffer from female weakness."—MISS ALMA PRATT, Holly, Mich.

**FREE MEDICAL ADVICE TO YOUNG GIRLS.**  
All young girls at this period of life are earnestly invited to write Mrs. Pinkham for advice; she has guided in a motherly way hundreds of young women; her advice is freely and cheerfully given, and her address is Lynn, Mass.

Judging from the letters she is receiving from so many young girls Mrs. Pinkham believes that our girls are often pushed altogether too near the limit of their endurance nowadays in our public schools and seminaries.

Nothing is allowed to interfere with studies, the girl must be pushed to the front and graduated with honor; often physical collapse follows, and it takes years to recover the lost vitality.—often it is never recovered.

**A Young Chicago Girl Saved from Despair.**  
"DEAR MRS. PINKHAM:—I wish to thank you for the help and benefit I have received through the use of Lydia E. Pinkham's Vegetable Compound and Liver Pills. When I was about seventeen years old I suddenly seemed to lose my usual good health and vitality. Father said I studied too hard, but the doctor thought different and prescribed tonics, which I took by the quart without relief. Reading one day in the paper of Mrs. Pinkham's great cures, and finding the symptoms described answered mine, I decided I would give Lydia E. Pinkham's Vegetable Compound a trial. I did not say a word to the doctor; I bought it myself, and took it according to directions regularly for two months, and I found that I gradually improved, and that all pains left me, and I was my old self once more."—LILLIE E. SINCLAIR, 17 E. 22d St., Chicago Ill.

Lydia E. Pinkham's Vegetable Compound is the one sure remedy to be relied upon at this important period in a young girl's life; with it she can go through with courage and safety the work she must accomplish, and fortify her physical well being so that her future life may be insured against sickness and suffering.

**\$5000** FORFEIT if we cannot forthwith produce the original letters and signatures of the testimonials, which will prove their absolute genuineness.  
Lydia E. Pinkham Medicine Co., Lynn, Mass.

**John W. Atkinson & Co.,**  
RICHMOND, VA.  
Paints, Oils, Varnishes, &c. Try Their "Standard" Ready Mixed House Paints.

**Having a Picnic.**  
There is something particularly enjoyable about going to a picnic. The very word Pic-Nic brings pleasant anticipations of a good time. The idea of going out to the woods and fields or down by some brook or lake, with luncheon to be served on the grass and under the trees, has a peculiar fascination. The fresh air and exercise contribute to give a hearty appetite to all and everything at luncheon seems far better than the finest dinner that a French chef ever served. Wooden dishes, supplant Dresden china, and paper boxes silver trays, when the "good things to eat" are spread upon the ground.

Pic-Nics are never complete without the sandwiches, sweet white bread with a generous layer of meat between. Libby's canned meats are ideal for Pic-Nics and outings. The cans are so easily opened and the contents so fresh and palatable that no Pic-Nic is a success without Libby's "Natural Flavor" Food Products.

It takes a fast man to beat a board bill. So, 23.

**TIME TO ACT.**  
When the back aches and you are always tired out, depressed and nervous—when sleep is disturbed by pain and by urinary ills, it's time to act. The kidneys are sick. Doan's Kidney Pills cure sick kidneys quickly and permanently. Here's proof:

Mrs. W. S. Marshall, R. F. D. No. 1, Dawson, Ga., says: "My husband's back and hips were so stiff and sore that he could not get up from a chair without help. I got him a box of Doan's Kidney Pills. He felt relief in three days. One box cured him."

**A FREE TRIAL** of this great kidney medicine which cured Mr. Marshall will be mailed on application to any part of the United States. Address Foster-Milburn Co., Buffalo, N. Y. Sold by all dealers; price 50 cents per box.

**Use Allen's Foot-Ease.**  
It is the only cure for Swollen, Smarting, Tired, Aching, Hot, Sweating Feet, Corns and Bunions. Ask for Allen's Foot-Ease, a powder to be shaken into the shoes. Cures while you walk. At all Drugstores and Shoe Stores, 55c. Don't accept any substitute. Sample sent FREE. Address, Allen S. Olmsted, LeRoy, N.Y.

The man who manages to keep out of debt, out of jail and out of politics is a little above the average.

**FITS** permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatment free. Dr. R. H. KLINE, Ltd., 531 Arch St., Phila., Pa.

During courtship a girl is often unable to express her thoughts, but she makes up for lost time after marriage.

**Mrs. Winslow's Soothing Syrup** for children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c. a bottle.

Give a hungry man something to eat before handing him advice.

**I am sure Piso's Cure** for Consumption saved my life three years ago.—Mrs. THOMAS HONIGS, Maple St., Norwich, N.Y., Feb. 17, 1900.



**Methods of Building.**  
THE present general movement for better roads and the prospect of national aid in road building have greatly stimulated the study of the best methods of road building.

While to the general public the idea of building permanent roads is to use broken stone after the system first employed by John McAdam, about the year 1785, other methods should be carefully studied in order to build the best and most durable roads at the lowest cost.

It seems a remarkable fact in view of the great improvements in everything connected with modern life, that we are still building our roads the same way they were built over 100 years ago. This resulted from the universal introduction of the railroad, which caused the improvement of our common roads to be sadly neglected, as well as advancement in the art of building them.

A great obstacle in the way of building durable roads of crushed stone is found in the lack of suitable stone in most localities where good road stone is found. In New York State, for instance, where road building has been very active in recent years, stone has been shipped over 300 miles in some instances in order to obtain stone of good quality.

The lack of good road material has caused careful study of various methods of road building by experts, with the result that for general use a modification of the old stone wheel track or tramway roads, which have been in constant use for over 100 years without material wear or cost, has been highly commended. The old tramway roads could only be built at reasonable cost in a few localities having suitable stone, but by substituting paving brick for the stone slabs, this superior form of road can be cheaply built in every locality.

In fact, even in the favored localities, where good road stone is abundant, the use of these brick wheel tracks considerably decreases the first cost of roads, while they practically do away with all repair expenses, as well as the dust and mud, and at the same time enable three or four times the load to be handled with the same team force.

This improved method of road building has been adopted by a number of localities and the cost has been found to be from \$1200 to \$2500 a mile, according to the relative cost of materials, labor, etc., while the average cost of crushed stone roads has been about \$8000 a mile in New York, where the greatest amount of road building has recently been done.

A section of this brick track road in the United States Department of Agriculture grounds during the last four seasons shows no material wear, and has been uniformly free from dust, mud and ruts during that time, while an adjacent section of crushed stone road has been nearly ruined during the same time, partly by the washing of water.

For hilly roads these brick wheel tracks are especially adapted, as by depressing the tracks below the adjacent road surface the water is successfully carried down the hills on them without the use of the objectionable water breaks, besides enabling three times the grade to be used without disadvantage.

Government road officials recommend that long term convicts be employed in penitentiaries in making the brick, cement, etc., for these roads, and short term convicts be used in making the roads, to the moral and physical betterment of the convicts, and claim that in this way the building of these superior and most durable of roads should cost but \$800 to \$1200 a mile in many localities. This makes an interesting comparison with the cost of \$8000 a mile in New York State for crushed stone roads, some of which have been nearly ruined by two or three years of use, while wheel tracks similar to the brick tracks, built of stone, near Albany, N. Y., in 1833, at a cost of \$1500 a mile, show very little wear in more than seventy years of constant and heavy traffic.

If convicts were thus employed in such penitentiaries as Sing Sing, New York, for instance, where the best of brick clays could be delivered at very low cost by boat, and from which the brick, etc., could be cheaply shipped by boat to nearly every point along the proposed New York and Chicago road, that road could probably be built for less than one-fifth of the cost of building of crushed stone, have three times the smoothness and more than ten times the durability of a crushed stone road, and at the same time be nearly dustless and mudless.

Brick made at Sing Sing could also be cheaply delivered at all points in New York State, and also be shipped to all points along Lake Erie by boat, thus enabling the greater part of the proposed New York and Chicago road to be built by this superior system, and at a cost so low as to be insignificant when compared with its substantial and lasting benefits.—Waynesboro (Pa.) Herald.

**English Gold Coins.**  
There were 9,100,000 new gold sovereigns issued in England during 1903, as compared with 4,533,000 in 1902. Half sovereigns issued numbered 1,044,000, against 2,121,000 in 1903.

## DOCTOR ADVOCATED OPERATION—PE-RU-NA MADE KNIFE UNNECESSARY.

MRS. EVA BARTHO, 133 East 12th St., New York City, N. Y., writes: "I suffered for three years with leucorrhea and ulceration of the womb. The doctor advocated an operation which I dreaded very much, and strongly objected to go under it. Now I am a changed woman. Peruna cured me; it took many bottles, but I felt so much improved I kept taking it, as I dreaded an operation so much. I am to-day in perfect health and have not felt so well for fifteen years."—Mrs. Eva Bartho.

Mrs. Senator Roach, of Larimore, N. Dak.; Mrs. Senator Warren, of Cheyenne, Wyo.; Betsy Lockwood and Mrs. General Longstreet, of Washington, D. C., are among the prominent ladies who endorse Peruna.

Miss Helen Robt, Karkana, Wis., writes: "Several times during the past two years a more my system has been greatly in need of a tonic, and it those times Peruna has been of great help in building up the system, restoring my appetite and securing restful sleep."—Helen Robt.

Miss Muriel Armitage, 26 Greenwood Ave., Detroit, Mich., District Organizer of the Royal Templars of Temperance, writes as follows:

"I suffered for five years with uterine irregularities, which brought on hysteria and made me a physical wreck. I tried doctors from the different schools of medicine, but without any perceptible change in my condition. In my despair I called on an M. D., who advised me to try Peruna, and promised good results if I would persist and take it regularly. I kept this up for six months, and steadily gained strength and health, and when I had used fifteen bottles I considered myself entirely cured. I am a grateful, happy woman to-day."—Miss Muriel Armitage.

Miss Lucy M. Riley, 33 Davenport St., Cleveland, Ohio, writes:

"I wish to add my indorsement to thousands of other women who have been cured through the use of Peruna. I suffered for five years with severe backache, and when worried or worried in the least I had prolonged headache. I am now in



MRS. EVA BARTHO.

perfect health, enjoy life and have neither an ache or pain, thanks to Peruna."—Lucy M. Riley.

It is no longer a question as to whether Peruna can be relied on to cure all such cases. During the many years in which Peruna has been put to test in all forms and stages of acute and chronic catarrh no one year has put this remedy to greater test than the rest year.

If all the women who are suffering with any form of female weakness would write to Dr. Hartman, Columbus, Ohio, and give him a complete description of their troubles, he will immediately reply with complete directions for treatment, free of charge.

Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

### Libby's Luncheons

Libby's Natural Flavor Foods are U. S. Government inspected, perfectly packed canned foods, and are ready to serve at a moment's notice.

Veal Loaf, Vienna Sausage, Ham Loaf, Boneless Chicken, Ox Tongues  
Are Among the Many Tempting Luncheon Meats. Ask Your Grocer For Them.

Send for our booklet "How to Make Good Things to Eat."

**Libby, McNeill & Libby, Chicago**

### STORE FRONTS

For all kinds and sizes of Store Buildings. We furnish all material entering into the construction of Store Fronts. Write us about your plans and specifications, and we will estimate and build for you. We have a large stock of Blue Print Film, and quote you an extremely low price on one of our popular.

**Beautiful, Everlasting**  
Modern Store Fronts. We have you the largest and most complete stock of Store Fronts in the South. Send for Catalogue.

**SOUTHERN FOUNDRY CO., Owensboro, Kentucky**

### TYNER'S DYSPEPSIA REMEDY

CURES DYSPEPSIA, SICK HEADACHE, BILIOUSNESS, NERVOUSNESS, Indigestion, Flatulence, Heartburn, Bowel Complaints.

FREE BOOKLET. Write, Box 124, Atlanta, Ga. ASK YOUR DRUGGIST.

### PIMPLES

"I tried all kinds of blood purifiers which failed to do me any good, but I have found the right thing at last. My face was full of pimples and black heads. After taking Cascarets they all left. I am continuing the use of them and recommending them to my friends. I feel free when I use a Cascarets. Hope to have a chance to recommend Cascarets."

Fred C. Witten, 18 Elm St., Newark, N. J.

### CASCARETS

Best for The Bowels  
CANDY CATHARTIC  
THEY WORK WHILE YOU SLEEP

Pleasant, Palatable, Potent, Taste Good, No Gripe, Never Sickens, Weakens or Grips, etc. Dr. J. C. W. Never sold in bulk. The genuine label stamped U. S. G. Guaranteed to cure or your money back.

Sterling Remedy Co., Chicago or N.Y. 595  
**ANNUAL SALE, TEN MILLION BOXES**

### ELIXIR BABEK

It is the oldest, surest and best remedy in America for all ailments of malarial nature. Its positive cure for MALARIA, CHILLS and FEVER. Only 50c. bottle.

KLOCZEWSKI & CO., Washington, D. C.  
Write for testimonials.

### Dr. Biggers' Huckleberry Cordial

The Great Southern Remedy. Cures All Stomach and Bowel Troubles, such as Chronic Dysentery, Cholera Morbus, Biliousness, Indigestion, and also children teething. It seldom fails to make quick and permanent cures of all stomach and bowel diseases. See testimonial of the late

**HENRY W. GRADY.**  
Dr. Walter A. Taylor, Atlanta, Ga.  
Dear Sir: This is the first certificate that I have ever given as to the merits of any medicine, but I take pleasure in recommending Dr. Biggers' Huckleberry Cordial. I consider it the best remedy that I have ever used in my family for Stomach and Bowel Troubles. 50c. invested in a bottle of this medicine to be used in the beginning of any stomach trouble will often save life as well as a large doctor's bill. I have a friend whose life was, in my opinion, saved by the prompt use of Dr. Biggers' Huckleberry Cordial. For sale by all Druggists, 25c. and 50c. per bottle.

(Signed) HENRY W. GRADY.  
Atlanta, Ga., May 23, 1887.  
Haltiwanger-Taylor Drug Co., Prop., Atlanta, Ga.

Taylor's Cherokee Remedy of Sweet Gum and Mullein will cure Coughs, Croup and Consumption. Price 25c and \$1 a bottle.

## SLEEP For Skin Tortured Babies and Rest For Tired Mothers



In Warm Baths with



And gentle anointings with CUTICURA Ointment, the great Skin Cure, and purest and sweetest of emollients. It means instant relief and refreshing sleep for tortured, disfigured, itching, and burning babies, and rest for tired, fretted mothers, when all else fails.

Sold throughout the world. Cuticura Soap, 25c. Ointment, 50c. per box. Write for full directions. Free of charge. Address: Cuticura Soap Co., Lowell, Mass.

## FREE to WOMEN

A Large Trial Box and book of instructions absolutely Free and Post-paid, enough to prove the value of Paxtine Toilet Antiseptic.



Paxtine is in powder form to dissolve in water—non-poisonous and for superior to liquid antiseptics, containing alcohol which irritates inflamed surfaces, and have no cleansing properties. The contents of every box makes more Antiseptic Solution—its longer use further has more uses in the family and does more good than any antiseptic preparation you can buy.

The formula of a noted Boston physician, and used with great success as a Vaginal Wash, for Leucorrhoea, Pelvic Catarrh, Nasal Catarrh, Sore Throat, Sore Eyes, Cuts, and all soreness of mucous membrane.

In local treatment of female ills Paxtine is invaluable. Used as a Vaginal Wash, we challenge the world to produce its equal for thoroughness. It is a revelation in cleansing and healing power; it kills all germs which cause inflammation and discharges.

All leading druggists keep Paxtine; price, 50c. a box. If you do not get it, send us for it. Don't take a substitute—there is nothing like Paxtine. Write for the Free Box of Paxtine to-day.

R. PAXTON CO., 7 Pope Bldg., Boston, Mass.

## Cotton Must Have Potash

Potash is an essential plant food which must be added as a fertilizer or the soil will become exhausted, as is true of so many cotton fields.

We have books giving valuable details about fertilizers. We will send them free to any farmer who asks us for them.

**GERMAN KALI WORKS,**  
New York—22 Nassau Street, or  
Atlanta, Ga.—221 So. Broad St.

## Dropsy

Removes all swelling in 3 to 20 days; cures a permanent cure in 30 to 60 days. Trial treatment given free. Nothing but the best. Write Dr. H. H. Thompson's Sons, Seaside, Cal., or Atlanta, Ga.